

A Brief Introduction to T'ai Chi Ch'uan
September 10, 2024; 5:00 p.m. – 6:00 p.m.
Otterbein United Methodist Church
108 E. Franklin Street, Hagerstown
Cost: FREE



Have you been curious about T'ai Chi or what the benefits of practice are! If so, here's a chance to learn more at an information session coming up on September 10th at 5:00 p.m.

Introduction to T'ai Chi Ch'uan

Tai chi is a slow moving, meditative exercise that began in ancient China a few thousand years ago. It is one of the major branches of the traditional Chinese martial arts and involves a series of slow, meditative body movements that were originally designed for self-defense and to promote inner peace and calm. It also produces beneficial mind-body effects.

Our instructor, Paul Cote, will offer an interactive session with a slide presentation to introduce T'ai Chi Ch'uan, with a Q & A period to follow. The presentation and demonstration will include:

- Tai Chi as a Chinese art form
- Evolution into today's exercise forms
- Beneficial health effects
- Overall benefits for health and living
- Demonstration and class participation (no experience required or special clothing)

There is no cost for the one class but registration is encouraged. Register on-line: <https://otterumc.org/taichi>, or contact Kate in the church office: office@otterumc.org or call 301-739-9386.